



When talking with your student about alcohol and the decisions to be made in college, we invite you to consider the following strategies:

Be prepared.

You have a key opportunity to talk with your student about some of the most important choices they will make as they begin college

. Use some examples from your own life to show how various decisions can have different outcomes . Increasing your student's sense of accountability can also increase awareness of their choices and promote healthy decision -making.

Set clear and realistic expectations about studying and academic performance.

College is a big commitment of both time and money. It is one of the most important and expensive investments a student and their family can make . Studies clearly show that college students who drink heavily get poorer grades.

Listen like a parent.

You know what to listen and watch for when talking with your student . The cues to talk more, the signals to "back off," the body language that says "I'm comfortable" or "I don't know what to do with this discussion. " Use your experience and your parenting skills to create a safe space for your student to ask questions, tell you what they're

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Instruct your student to intervene when classmates are in trouble with alcohol.

Your student should know the signs of alcohol poisoning - unconsciousness or semi-consciousness, slow or irregular breathing and cold, clammy, pale, or bluish skin. If he or she sees a person showing one or more of these symptoms, your student should immediately call 911 for assistance.

Encourage your student to get involved.

Research indicates that students who volunteer and are active in the community have lower rates of alcohol and other drug use. You can encourage your student to become aware of and get involved in campus activities and organizations that support safe and healthy events or policies.

Tell your student to stand up for their right to a safe academic environment.

All students can be affected by the behavior of students who drink, ranging from interrupted study time and sleep to assault or unwanted sexual advances. College officials are expected to provide a safe and healthy campus, and they will take your student's complaints seriously.

Check-in with your student periodically.

This should not be a one-time conversation. Check in with your student throughout the academic year. Be available to talk and listen.

Finally, if you drink, be sure that you consistently model the responsible use of alcohol. How much you drink, and how you act when you drink, will be a major influence on your student.

References

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2. B.R.A.D. 21 (Be Responsible About Drinking). Alcohol poisoning. Available at http://www.brad21.org/alcohol_poisoning.html (accessed on November 1, 2006).

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